



**Cumberland District Public Health Council**  
**Full Council Meeting**  
**Friday, March 15<sup>th</sup>, 2019, 10am-noon**  
**Portland Water District**

**Present:** Kolawole Bankole, Emily Bartlett, Catherine Bean, Liz Blackwell-Moore, Melissa Fochesato, Ellen Freedman, Lyvia Gaewsky, Margaret Gamble, Kim Gillies, Kate Herrick, Kristine Jenkins, Mike Koza, Maria Long, Chelsea Mancini, Bob McDermott, Lisa Miller, Dani Mooney, Jo Morrissey, Erika Penrod, Bridget Rauscher, Tom Reinsborough, Kate Sargent, Naomi Schucker, Hawa Shir, Sally Tardiff, Nicoleta Toma, and Emilee Winn

Topic	Discussion	Notes/Actions
<b>Updates and Information Sharing</b>	<p><b>To improve the Council's information sharing, coordinating and connecting, attendees provided updates and shared information.</b></p> <ul style="list-style-type: none"> <li>-There was general discussion about the greenhouse gas emissions bills (LD434, LD640, LD797), and the 13 hours of testimony around the vaccination bill (LD798). Attendees felt that misinformation is a major contributor to the decreasing vaccination rates.</li> <li>-Midcoast Hospital hosted Age of Champions, an uplifting film at the Frontier. They offer other events: <a href="http://midcoastparkviewhealth.com/calendar">midcoastparkviewhealth.com/calendar</a></li> <li>-MSAD 75 updated school tobacco policies which includes use of Electronic Nicotine Delivery Systems (ENDS).</li> <li>-Lakes Region Substance Awareness Coalition (LRSAC), through a MeCDC microgrant, is organizing a provider roundtable in late spring, as well as a resource mapping project- with a focus on trauma-informed opioid SUD treatment.</li> <li>-Maine CDC's Public Health Nursing is hiring, rebuilding its infrastructure, and extending into communities – reach out to Kristine, DL, with questions at <a href="mailto:Kristine.L.Jenkins@Maine.gov">Kristine.L.Jenkins@Maine.gov</a></li> <li>-There is a peer support group with MAIN (Maine Access Immigrant</li> </ul>	<p><b>Calls to Action:</b></p> <ul style="list-style-type: none"> <li>-Portland Public Health Department is launching state-wide naloxone distribution – if agencies or individuals are in need on naloxone/training/materials, contact Bridget Rauscher at <a href="mailto:BNevers@portlandmaine.gov">BNevers@portlandmaine.gov</a></li> <li>-GPCOG is addressing opioid misuse on the municipal level. If you know town managers/staff/school board members who may be ready to address opioids, reach out to Liz Blackwell-Moore at <a href="mailto:liz@birchlanestrategies.com">liz@birchlanestrategies.com</a></li> <li>-Town of Brunswick is looking to update Parks and Rec ordinances, if anyone has background or could support, please reach out to Melissa</li> </ul>

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	<p>Network) available every Wednesday in 12 – 1pm, offered in Somali, French, and Arabic at 237 Oxford Street, Portland.</p> <ul style="list-style-type: none"> <li>- Legionnaires' Disease rates are increasing around the country, not in Maine, but Portland Water District is remaining proactive.</li> <li>- Cities Readiness Initiative (CRI) is bolstering points of dispensing sites for medical counter measures. The focus of the program is redirecting from bioterrorism to an influenza pandemic model.</li> <li>- Casco Bay CAN is working on a project with the Telling Room around storytelling among high school aged youth regarding overcoming adversity and/or being drug-free.</li> <li>- Some numbers around MaineCare expansion were reported by MaineMed – there were 101,000 uninsured Mainers in 2017. Now, about 70,000 Mainers are newly eligible due to the expansion. As of March 8<sup>th</sup>, 10,000 individuals have been approved for MaineCare; of that, 1,700 were from Cumberland County.</li> <li>- Northern Light Homecare and Hospice is working on food insecurity issues and creating pamphlets, and their hospice team is addressing opioid use regarding safe storage and disposal of narcotic pain medications.</li> <li>- A January Flu clinic organized by Maine CDC with Northern Light Homecare and Hospice at the family shelter warming center went smoothly, and Cathy Bean vaccinated 50 individuals, including children and adults. This was a rapid response to a confirmed case of influenza in the shelter's warming center during record low temperatures.</li> <li>- Governor Mills introduced (LD 1261) a bill to support women's reproductive care by expanding the number of professionals who could provide abortion care.</li> <li>- It was reported that during the recent Community Health Needs Assessment (CHNA) process mental health was identified as a priority throughout the state. MaineHealth is focusing on strategies and</li> </ul>	<p>Fochesato at <a href="mailto:MFochesato@midcoasthealth.com">MFochesato@midcoasthealth.com</a></p> <ul style="list-style-type: none"> <li>- Participants requested a call to spread facts about the vaccine bill LD798</li> <li>- Please reach out to the Maine Director of Opioid Response at <a href="mailto:Gordon.Smith@Maine.gov">Gordon.Smith@Maine.gov</a> with any opioid feedback, suggestions, and input.</li> <li>- Contact Hawa Shiri with the City of Portland Public Health, Tobacco Prevention Program to organize Electronic Nicotine Delivery Systems (ENDS) presentations. <a href="mailto:HShir@portlandmaine.gov">HShir@portlandmaine.gov</a></li> <li>- Read an article regarding the Spanish Flu with comments from Dr. Bankole and Caity Hager (CRI): <a href="http://thebollard.com/2019/03/03/pandemic-in-portland/">http://thebollard.com/2019/03/03/pandemic-in-portland/</a></li> </ul>

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	<p>resources to address mental health needs.</p> <p>-Maine CDC is organizing PTSD and Suicide Prevention workshop for first responders on May 11<sup>th</sup> with partners including Gray Fire Rescue, Cumberland County Sherriff's Office, VA Suicide Prevention Team and Team Rubicon. Additionally, Maine CDC in Cumberland District is organizing an adult protective services training for Local Health Officers – date tbd.</p>	
<p><b>Communications and Advocacy Action Planning,</b> Liz Blackwell-Moore</p>	<p>As the Council builds capacity, we will engage in advocacy work around each priorities. As a pilot for instituting new practices and structures, the Council will focus on mental health. A Council survey was distributed on February 28<sup>th</sup>. <b>Key themes in the responses were identified as:</b></p> <ol style="list-style-type: none"> <li><b>1) Mental health services for youth</b></li> <li><b>2) Coordination of services across providers and systems</b></li> <li><b>3) Emergency/urgent care mental health services for at-risk populations.</b></li> </ol> <p><b>Maria Long of MMC</b> and <b>Melissa Fochesato of Midcoast Hospital</b> shared top concerns and solutions around mental health in their service areas:</p> <p>-Midcoast has the highest rates of depression and suicide in state, and below-state average rates of kids who noted “when I felt depressed, I got help from an adult”. For 3 years they provided youth mental health first aid training under a SAMHSA Project AWARE Grant to address needs in the community. Through a community retreat, they identified solutions and prioritized them as follows: early and often screenings with a way to share screening information; comprehensive information on mental health resources (Navigator or enhanced 2-1-1); a social-emotional curriculum for schools; a community-wide campaign to normalize mental health; and more school-based providers.</p> <p>-MMC has a designated acute psychiatric unit in the emergency department. The psych unit is separate from the general emergency</p>	<p>-After discussing potential actions, the Council could take for mental health advocacy, the group voted that the Council could best advocate for Mental Health Services for Youth.</p>

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	<p>department, with private beds, LCSWs, psychiatrists, psychiatric residents and more. There is a gap that needs to be filled for mental health services during evenings and weekends which is currently being supplemented by the ED. Discussion arose around financial barriers to 24/7 mental health services, and access to beds within the emergency department for mental health specific needs. Participants noted that when people have access to a case manager early on, they would have used less resources and had better outcomes sooner. Participants discussed how to build a network of providers to intervene before urgent mental health care is needed.</p> <p>Melissa noted that Midcoast Hospital also has an acute behavioral health unit but that there is no middle ground for individuals to go to after experiencing a crisis.</p> <p>After the panel discussion, participants broke into three groups to identify additional actions the Council could take to advocate around the three key topics identified by the Council. <b>The group voted on which topic the Council should spend its efforts focusing on and selected: Youth Mental Health</b></p>	

**Next Meeting:** Full Council— May 17th, 10:00am-12:00pm  
Location: TBD